



Balance and Bend

Small group exercise designed to maintain movement, support posture and improve balance:

- ✔ Combining principles of Tai Chi, Pilates and Yoga
- ✔ No experience necessary, movements graded for client comfort
- ✔ Delivered by AQHealth Exercise Physiologists and Physiotherapists



AQ Health keeping you well and able longer with:

Wellness & Reablement Programs

- ✔ Music Therapy program
- ✔ Cognitive Stimulation Therapy classes
- ✔ EngAGE small group exercise
- ✔ PowerPD – Parkinson's Wellness program
- ✔ Carer Wellness program.
- ✔ Balance and Bend small group exercise

Allied Health Specialist Services

- ✔ Physiotherapy, exercise physiology, occupational therapy, music therapy, and more
- ✔ Orthopaedic rehabilitation
- ✔ Pain management
- ✔ Falls prevention
- ✔ Hydrotherapy
- ✔ Memory screening and cognitive assessments
- ✔ Home modification assessments and assistive aid prescriptions (i.e., walkers, wheelchairs).
- ✔ COPE therapy

For session availability and fees please contact our clinics. Private health rebates or CHSP, HCP and CDM subsidies available on all services.

